

WILLOW LODGE

(Q'ayliwh Mi-X'o:nta)

Q'ayliwh Mi-X'o:nta' in the Hupa language means "Willow Lodge". This name was chosen because willow is a very important component to the Hupa way of life. Willow provides a strong foundation for weaving baskets. A willow branch is strong and flexible, but when used together with other branches it becomes durable, elegant, and unwavering.

ORGANIZATION MISSION

To lead in the development of care for American Indian youths and their families in the program service area. This will be achieved through comprehensive and innovative services that address physical, emotional, mental, and spiritual domains of our clients by promoting self-direction, choice, and respect.

TREATMENT PHILOSOPHY

Willow Lodge believes that the human being is a delicate balance of the physical, mental, emotional, and spiritual domains. In keeping with traditional ways, Willow Lodge encourages individual growth and human development through understanding the potential of each youth and supporting choice, foresight, individuality, principles, progression, and transformation.

Our focus is not just the milieu of our immediate service area, but also the integration of our clients back into the greater community from which they have come. Developing independent living skills is emphasized, along with the inculcation of self-awareness and change. The program is committed to fostering the growth and professional development of the staff as well as the clients. We desire to preserve the cultural integrity of American Indian people and to enhance spiritual enrichment of American Indian traditions.

WHAT IS WILLOW LODGE?

Willow Lodge is an aftercare program for Native American females ages 12 through 17. The program will provide services to assist these youths in transitioning back into their community as they continue on their path to sobriety. The residents will be offered mental health therapy, chemical dependency counseling, cultural groups, recreation, and aftercare planning.

Each youth placed at the Willow Lodge is entitled to a secure and satisfying living experience that aids in developing social direction, self-awareness, and self-direction; and in confronting pre-existing emotional problems, and substance abuse/dependency issues that have necessitated the need for placement.

MENTAL HEALTH

Residents participate in mental health group therapy provided by a licensed Mental Health Therapist. Mental health group addresses various emotional and interpersonal issues that may influence development, behavior, coping skills, and decision-making. Residents practice ways to change behaviors that increase self-esteem and promote success in daily living and functioning. In addition to group therapy, each resident receives individual counseling (on-site) bi-weekly or more often when needed. Consistent with the individualized Needs and Services Plan, each resident's progress is monitored throughout the duration of their placement.

CHEMICAL DEPENDENCY COUNSELING

Residents participate in chemical dependency groups provided by a certified Chemical Dependency Counselor. Chemical dependency group addresses chemical dependency and how it negatively affects their lives, family, community, as well as thoughts and feelings that support chemical use. Emphasis is also placed on substance abuse education, providing accurate information about addiction as a disease, along with specific information about the effects of various substances on the body and an individual's life.

CULTURAL GROUPS

Residents participate in cultural groups that include age appropriate education and activities such as drumming and singing, American Indian history, arts and crafts, elder story telling, games, etc. Outings are attended such as Gathering of Native American Youth (GONA), Pow-Wows, youth conferences, wellness conferences, health fairs, and other American Indian or tribal gatherings. Youth may voluntarily participate in traditional ceremony. Spiritual leaders upon request of residents offer prayer, meditation, and other healing ceremonies. Residents may voluntarily attend church or other religious services upon request.

FAMILY THERAPY

The Willow Lodge employs a family therapy model that focuses on the importance of treating individuals as subsystems within the family system. American Indian youth may have broken family units and may be under the care and custody of extended family members (grandparents, uncle, aunt, etc.). Each family member is identified as an important part of intervention. The Willow Lodge program is aware of the complex behaviors and systemic interactions associated with substance abuse recovery. The Willow Lodge program is also aware of cultural differences in family and community patterns and typical attitudes toward therapy. Families are requested to attend family therapy as often as necessary. Due to the distance of many youths' residences, the Willow Lodge conducts family consultation by conference call and works in cooperation with the placing agency and/or the authorized representative(s) to provide on-

going family therapy concurrent with the resident's treatment. The Willow Lodge attempts to blend adolescent treatment issues with family therapy, counseling, and education.

RECREATION

Activities are scheduled depending on the therapeutic needs of each resident and may involve team building, decision making exercises, etc. Recreational activities are scheduled according to each resident's physical and developmental needs. Each resident is provided an opportunity to participate in indoor and outdoor activities, as well as attend community activities to:

1. Develop social relationships, increase comfort in social situations, learn or retain social etiquette;
2. Increase awareness of and responsiveness to environment outside treatment center;
3. Experience pleasure in play;
4. Practice cooperative group member skills; and
5. Leisure.

AFTERCARE PLANNING

The purpose of aftercare services is to provide aftercare planning for each resident's continuing care. The aftercare planning process is initiated immediately upon admission. An Aftercare Plan summary is updated throughout each resident's stay. At the time of discharge, an Aftercare Plan is completed and given to each resident and a copy remains in the resident record. Aftercare services are provided for all residents regardless of their placement or discharge status. The objective of aftercare services is to assist residents in having successful treatment and continuing care outcomes.